

You Can Quit Smoking

Get Ready

Set a date to quit

Get Medicine

Talk to your doctor

Get Help

Call toll free: 1-877-44U-QUIT

Stay Quit

Quit for good

You Can Quit Smoking

U.S. Department of Health and Human Services
Public Health Service

Internet Citation:

You Can Quit Smoking. Pocket Card. U.S. Public Health Service. Agency for Healthcare Research and Quality. <http://www.ahrq.gov/consumer/tobacco/card.htm>